**EXETER WHEELERS CYCLING CLUB**

Presents an

**OPEN 25 MILE TIME TRIAL inc. SWDC Championships**

(Promoted for and on behalf of Cycling Time Trials under their rules and regulations )

**SUNDAY 26th August 2018**

Course S4 /25 First rider off 7:31 am

Timekeepers Ian Myers Marshalls Members & Friends of EWCC

Anne Simpson

Event HQ Buckfastleigh Town Hall.

Open from 6:30 am. Numbers & signing on at HQ.

Parking available in town car park.

Event Secretary Greg Rorke

24 Lincoln Road

Exeter

EX4 2EA

01392 661338 or 07794 106357

Course Details

Start on A38 approximately 1.5 miles South West of Buckfastleigh level with the clearway sign at the end of the lane out of Dean Prior Village and level with the 12th kerbstone (GR SX7296480)

Proceed Northeastwards on A38 in the Exeter bound direction to pass Buckfastleigh,

Ashburton, Bickington, Heathfield and Chudleigh Knighton. At Chudleigh Bridge filter left, turn right, give way, and turn right right again to rejoin the A38 in the Plymouth bound direction. Retrace the outward route to filter left at sign “Lower Dean”.

Finish in the slip road at a point level with the River Mardle bridge parapet on the right hand side of the road and nearest the give way sign (GR SX734651).

Call Number loud & clear when finishing.

Intermediate mileages (approx. positions)

50 yards before Ashburton North Bridge = 5 miles

First bridge at Drumbridge = 10 miles

Chudleigh Bridge = 13 miles

50 yards prior to Alston Cross = 20 miles

Prizes

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1st Overall | £20 |  | 1st Vet (on standard) 40-49 | £10 |  | 1st Woman | £20 |
| 2nd Overall | £15 | 1st Vet (on standard 50-59 | £10 |  | 2nd Woman | £15 |
| 3rd Overall | £10 | 1st  Vet (on standard) 60+ | £10 |  | 3rd Woman | £10 |

(one rider one prize)

**Safety**

1.In the interests of your own safety Cycling TimeTrials and the event promoters strongly advise riders to wear a HARD-SHELL HELMET that meets an approved international safety standard.

2.Please observe the Highway Code. Ride with your head up. Do not “White Line”. Wear bright clothing.

3.Competitor's Machines – It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

4.Event officials must not seek to regulate or interfere with other traffic.

5.Riders waiting to start must do so 3m before the timekeeper and stand well to the left and in single file. All riders waiting to start must wait inside a line drawn between the two clearway signs.

6.Paced and Company Riding – Time Trialling for Beginners states that “When a competitor gets caught by another one the Regulations require the overtaken rider to fall back to a distance behind the other one …. At least 50 yards is required.”

Note 1.The course used for this event is on a high-speed road. Overtaking traffic will be moving fast. For your own safety keep well to the left and as close to the fog line as possible (1m. max.)

Note 2.There will be times when traffic will be leaving the main road and filtering off to the left – be aware of this possibility every time you cross any exit road.

Note 3.There will be times when the traffic will be coming on to the main road and filtering in from your left – be aware of this possibility every time you cross any entry road.

Local regulation 1. All riders on completion of their competitive ride must continue without stopping or turning in the road to the event HQ.

Local regulation 2. No rider is to reach the start by crossing through the A38 central reservation.

Please note that the lane to the start is closed. Riders should arrive at the start via the A38 Plymouth direction, crossing at the Rattery over bridge and back down to the start, allowing at least 15 minutes for this.

**Refreshments**

Refreshments will be available at the HQ after the event.

All riders must return numbers at the same time and remember to sign in – failure to do so will mean disqualification.

**This event may be subject to a Doping Control**

As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.